

PESTO TROUT - LUNCH

3/13/2024

Plate: Round

To Go: 3 Compartment

STEP #1: INGREDIENTS

- 1 each Trout Filets - 5.5 to 6.5 wz each**
- 4 shakes Seafood Seasoning**
- 1 #30 scoop Parmesan Pesto (heaping scoop)**
- 1/2 vz Vegetable Oil**

SETUP / GARNISH

- 2 each Choice of Side**

STEP 1: TO COOK

1. Place the trout filet skin down on a metal 1/4 size sheet tray.
2. Apply 4 shakes of seafood seasoning "**coast to coast**" on the meat side only of the filet.
3. Apply 1 heaping #30 scoop of Parmesan Pesto to the meat side of the filet, then **use a rubber spatula to spread the pesto evenly** over the entire filet.
4. Ladle the vegetable oil onto the griddle, and place the filet in the oil with the Pesto side down and the tail facing out.
NOTE: The tail MUST face out so that the spatula can slide underneath the trout without scraping away the pesto or the seasoning.
5. Cook for **2 1/2 minutes**. At this point, the Pesto should be lightly browned with **some green still visible**.
NOTE: Do not overcook, or the Pesto will become very salty.
6. Flip the filet so the skin side is facing down.

STEP 2: TO COOK

1. Allow to cook undisturbed for **1 1/2 minutes**. The fish is cooked when the thickest part of the filet leaves an indent when pressed.

SET UP / GARNISH

Reference the attached pictures for plating setup and garnishing.

NOTE: The two filets must slightly overlap.

NOTE: Serve both sides on the plate.

